

## Support

**APRIL 2024** Supported Self-Help launched

**161** initial Supported Self-Help assessments

**101** engaged with the programme  
 Remainder signposted to other support

**200** Peer support drop-in sessions at Shiloh Church and Guernsey Mind Centre

**Group sessions** including art psychotherapy, chronic illness, mindfulness and sleep

## Thank you

Thank you to everyone who has supported us or raised funds in 2024. We've mentioned as many as we can here - your support is very much appreciated.

- Shiloh Church • Sigma • Sovereign • Gower • Investec • Bailiwick Express • C5 Alliance • Imperial Hotel • Maison Lifestyle • Elizabeth College • Guernsey Athletics Club • Guernsey Literary Festival • Bailiwick Law Enforcement • Civil Protection • Katherine & Dawn's Scottish Challenge • Tim Osborne • Clicksmith • Guernsey Welsh Male Voice Choir • Elise Trebert and Toddler Sense
- ...and the many individuals who supported us with personal fundraising in 2024

## Workplace & Training

**90** people trained as Mental Health First Aiders



**44** renewed as MHFA by doing the refresher course

**29** people trained in Suicide First Aid, including a sponsored session for third sector



**1,653** accessed our workplace awareness and management training (face-to-face and online)

**28** attended Professional Boundaries community training

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**RTS** **20** attended Responding to Suicide training for emergency services

## Workplace Partnership



Launched **February 2024**  
**11** local businesses now signed up  
**871** total employees

## Awareness

**740** walkers for the Gower Sunrise Walk of Hope, raising awareness around suicide



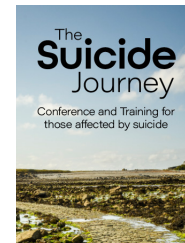
**740** walkers for the Gower Sunrise Walk of Hope, raising awareness around suicide



**Hope Singers** A safe and supportive all-inclusive community singing group. **Hope Singers** performed at a range of events during the year including Christmas Lights.

March 2024 **Suicide Support Journey**

Conference organised in conjunction with Talking Benches and Guernsey Samaritans. Fully booked event with **95** attendees.



**You are not alone** Mental Health Awareness and Support Campaign



**426** sign-ups for the Investec 10K Challenge

Bad weather resulted in a postponement, so runners were given the option to run remotely as well as at the actual event.



## Out and about in the Community:

- **West Show** tea and talk 'lounge' tent
- Information stand and support at **Pride**

Active beneficiaries of:

- **Guernsey Christmas Tractor Run**
- **Rotary Walk**

Thank you to both organisations for supporting Guernsey Mind

The end of 2024 has seen the launch of Guernsey Mind's 'You are not alone' campaign with information boards, cards and stickers giving information about places to go for support, along with free mental health awareness training sessions and mental health first aid courses.